COMMANDER'S HOUSE ADULT AND SENIOR COMMUNITY CENTER



Bugle Call

September / October 2016

INSIDE THIS ISSUE:

- Bravo for ArtAbility
- Weekly Class Schedule
- Lunch Menus
- Senior Awareness Month Guests Speakers
- Birthday Bash
- Special Events
- Fitness in the Park
- Bingo Bingo
- AARP Safety Driving
- Adventure Club Outings
- Senior Fishing Program
- Spooktacular Event
- Dance Classes
- Book Club Information
- Save-The-Dates
- Improvement Project
- Registration Information

Did You Miss Out On Our "Super Summer"?



Bravo For ArtAbility

Bravo For ArtAbility is just around the corner! The event is open to Senior Adults and exhibit registration is free. The show is limited to 100 exhibits. Original Artwork only, created within the past two years is admissible. Artists may submit up to 2 pieces of art each. Categories are as follows:

- 1)Painting & Drawing
- 2) Photography
- 3) Jewelry Making
- 4) Pottery/Ceramics/Sculpting
- 5) Fibers/Crafts.

The full list of Exhibit rules and qualifications can be found in the Bravo Prospectus Entry Form which is available at the Commander's House, other Parks and Recreation Adult and Senior Centers and the DHS One Stop Senior Centers.

Bravo is a juried art exhibit for Senior Citizens. Judges will award "Best in Show," first, second and third place awards by category. People's Choice will be awarded by attendee voters.

Novice and Hobby Artists are encouraged to enter Bravo and interested individuals should consider the following:

- The deadline for entries is Friday, September 30, 2016.
- Artists are not required to be present at Exhibit..
- Artwork must be delivered to exhibit site on Friday, October 21, or Monday, October 24, 2016, between 10:00 a.m. and 3:00 p.m.
- Artists or representative will remove their respective artwork at the conclusion of the exhibit.



NOVEMBER 4, 2016 4:00 - 8:00 p.m.

6:00 p.m. Awards Ceremony

For more information call 210.207.3010

Bravo for ArtAbility is a Family Fun Free Festive event. The Public of all ages is welcomed!

1:30 - 3:30

PROGRAM CLASS SCHEDULE - Session V, September- October 2016

	m deribb baller			
MONDAY				
*10:00 - 11:00	GROUP EXERCISE		JORGE DE LA ROSA	FREE
10:00 - 2:00	AARP SAFETY DRIVING (October 31)		JIM LONG	\$15/Member-\$20/Non Member
11:00 - 11:45	Wii FITNESS	New Class	JORGE DE LA ROSA	FREE
1:00 - 3:00	STAINED GLASS ART		LARRY DE LUNA	\$40 Per 8 Class Session
9:00 - 11:00	PLAY WITH CLAY		ROBERT CANEDO	CLOSED FOR REMODELING THRU SUMMER
TUESDAY				
* 9:00 - 10:00	F.I.T.P. POWER WALKING		JORGE DE LA ROSA	FREE
*10:00 - 11:00			JORGE DE LA ROSA	FREE
*11:00 - 11:45			YIRLA AYALA	FREE
1:15 - 3:30	BINGO (1st & 4th Tuesday)		GLORIA DIAZ	GAME DUES
1:30 - 3:30	OPEN ART STUDIO		CLASSROOM I	ENROLLMENT IN AN ART CLASS
1:30 - 3:30	OPEN STAIN GLASS STUDIO		CERAMICS	ENROLLMENT IN STAINED GLASS
WEDNESDAY				
* 9:00 - 10:00	TAKE OFF POUNDS SENSIBLY		ROSE GUIA	TOPS & CoSA MEMBERSHIP REQUIRED
9:30 - 11:30	RIBBON FLOWER MAKING		ALICE BERAIN/	FREE
9:30 - 11:30	KNITTING/CROCHETING		GLORIA TREVINO	FREE
	HAND PERCUSSION & KEYS		JAVIER GARCIA	\$30/\$60 PER SESSION 60+/18-59
11:00 - 12:00	BEGINNING GUITAR		JAVIER GARCIA	\$30/\$60 PER SESSION 60+/18-59
10:00—11:00	INTERMEDIATE GUITAR		ARMANDO MARTINEZ	\$60 SUMMER SESSION
10:00 - 12:00	QUILTING BEE		ROWENA LOPEZ	FREE
1:30 - 3:30	PAINT WITH LILLIE		LILLIE BALTAZAR	\$30 PER 8 SESSIONS
1:30 - 3:30	CRAFT WITH ME JORGE DE L		LA ROSA/ANGEL RUIZ	SUPPLY FEE VARIES BY PROJECT
	(2nd & 4th Wednesdays)			
THURSDAY		_		
	F.I.T.P. POWER WALKING		JORGE DE LA ROSA	FREE
			JORGE DE LA ROSA	FREE
	LINE DANCE FOR FITNESS		OLIVIA VALDEZ	FREE
	C.H. BOOK CLUB (9/15 & 10/20)		JUANITA ASHER	FREE
1:30 - 3:30	PAINT WITH LILLIE		LILLIE BALTAZAR	\$30 PER 8 SESSIONS
1:30 - 3:30	OPEN CLAY STUDIO		POTTERY STUDIO	CLOSED FOR REMODELING THRU SUMMER
Friday	INTERMEDIATE OUTAR		DU 1 DODDO	Accounts V FFF DFD MONTH
8:15 - 9:15	INTERMEDIATE GUITAR		BILL DOBBS	\$20 SUPPLY FEE PER MONTH
	BEGINNER GUITAR		BILLDOBBS	\$20 SUPPLY FEE PER MONTH
9:00 - 10:00			BRIAN HENDERSON	
	GROUP FITNESS		JORGE DE LA ROSA	FREE
10:00 - 11:00	SINGING WITH HEART		BRIAN HENDERSON	
11:00 - 11:30	BINGO (9/16, 9/23, 10/14, 10/21)		DINING HALL	GAME DUES
1:30 - 3:30	OPEN ART STUDIO		CLASSROOM I	ENROLLMENT IN AN ART CLASS

^{*} Students are asked to check with their doctors before participating. ALL CLASSES ARE CO-ED Guitar, Percussion, and Singing Classes - Are by sessions - Please check with staff on starting dates.

POTTERY STUDIO

Closed for Remodeling

Holiday Center CLOSED: September 5th in Observance of Labor Day

OPEN CLAY STUDIO



Chef
Albert Rodriguez

LUNCH IS BY
RESERVATION
ONLY. PLEASE MAKE
RESERVATIONS BY
WEDNESDAY OF THE
PREVIOUS WEEK
WITH JORGE AT
210.207.3010.

FOOD ALLERGY NOTICE

We serve foods that contain milk, wheat, soy, eggs, peanuts, tree nuts, fish and shellfish. Though we appreciate the challenges posed by anyone having a food allergy, food sensitivity or food intolerance, we do not have the ability to accommodate any such allergies, sensitivities or intolerances at this time. Upon request, we will provide you with any ingredient information available to us but there is always a risk of contamination. If in doubt about what precautions you can take or what risks you may expose yourself to, please consult with a physician as neither the HEB Kitchen Staff nor the Commander's House Staff can make those decisions for you.



SAVE-THE-DATE

Thanksgiving Luncheons November 15, 16, & 17

Christmas Luncheons December 13, 14, & 15

RESERVE EARLY!



September 2016



Tuesday, September 6

Parmesan Chicken Sandwich, Orzo Pasta, Broccoli Soup, Salad, Chef's Choice

Tuesday, September 13

Pub Style Burgers, Potato Wedges, Baked Beans, Salad, Ice Cream

Tuesday, September 20

Cajun Shrimp, Pasta, Tuscan Vegetables, Salad, Texas Toast, Chocolate Cake

Tuesday, September 27

Chicken Cutlet, Mashed Potatoes, Cauliflower Mix, Salad, Roll, Chef's Choice

Wednesday, September 7

Meatloaf, Scalloped Potatoes, Normandy Blend Veggies, Salad, Roll, Cheesecake

Wednesday, September 14

Baked Fish,
Twice Baked Potato, Mac &
Cheese, Salad, Cornbread,
Cherry Pie

Wednesday, September 21

Chicken & Dumplings, Mashed Potatoes, Broccoli, Salad, Cornbread, Chef's Choice

Wednesday, September 28

Crispy Beef Taco, Spanish Rice, Pinto Beans, Salad, Peach Empanada

Thursday, September 1

Beef Stroganoff, Butter Noodles, Cauliflower, Salad, Roll, Chef's Choice

Thursday, September 8

Pork Roast, Rosemary Potatoes, Peas & Carrots, Salad, Roll, Cookies

Thursday, September 15

Chicken Fajita Taco, Spanish Rice, Borracho Beans, Salad, Chef's Choice

Thursday, September 22

Breaded Beef Cutlet, Rice Pilaf, Steamed Carrots, Salad, Roll, Cheesecake

Thursday, September 29

Baked Cod, Scalloped Potatoes, Broccoli, Salad, Roll, Cobbler



October 2016

Tuesday, October 4

Pesto Chicken w/Alfredo Sauce, Pene Pasta, Italian Veggies, Salad, Garlic Bread, Chef's Choice

Tuesday, October 11

Shepherd's Pie,
Broccoli, Mashed Potatoes,
Salad, Roll,
Boston Crème Pie

Tuesday, October 18

Tuna Melt on Croissant, Pasta Salad, Fresh Fruit, Salad, Apple Turnover

Tuesday, October 25

Baked Chicken Breast, Rosemary Potatoes, Corn, Salad, Roll, Chef's Choice

Wednesday, October 5

Salisbury Steak, Mashed Potatoes, Buttered Peas, Salad, Cornbread, Apple Pie

Wednesday, October 12

Tilapia Tacos,
Cilantro Rice, Borracho Beans,
Salad,
Pumpkin Empanada

Wednesday, October 19

Chicken Pita,
Greek Macaroni, Steamed
Veggies, Salad,
Chef's Choice

Wednesday, October 26

Chopped Beef Sandwich, Baked Beans, Potato Salad, Salad, Oatmeal Cookies

Thursday, October 6

Porkchop, Seasoned Potatoes, Normandy Veggies, Salad, Roll, Brownies

Thursday, October 13

Fried Chicken, Home Fries, Green Beans, Salad, Cornbread, Chef's Choice

Thursday, October 20

Beef Tamales, Spanish Rice, Pinto Beans, Salad, Pan de Dulce

Thursday, October 27

Stuffed Jack-O-Lantern Bell Peppers, Mashed Potatoes, Seasoned Veggies, Salad, Cornbread, Halloween Cupcakes

BE ON THE LOOK OUT FOR SOMETHING FUN...

Senor Awareness Month Guests Speakers

Tuesday, September 6, 11 a.m. - 1 p.m. Well Med Presentation Wellness Checks Ana Soto

> Wednesday, September 14, 11 a.m. - 1 p.m. LegalShield Protecting Your Identity Lee & Cecilia Childress

Thursday, September 15, 10a.m. - 11 a.m. AARP Fraud Prevention Presentation Julia Castellano-Hoyt

Thursday, September 22, 11a.m. - 12 p.m. WellCare ABC's of Open Enrollment Patricia Byrd

Tuesday, September 27, 11 a.m. - 2 p.m. Garcia Funeral Planning Terry Garcia & Maria Lopez

> Wednesday, September 28, 11 a.m. - 11:30 LegalShield Legal Matters Lee & Cecilia Childress



Monthly Birthday Bash

Tuesday, September 22 Wednesday, October 4 11:30 a.m. - 12:30 p.m. Cost: Free

Come get a party favor and sing happy birthday while joining the party conga line. The party starts here!



Finding the fitness routine that works for you isn't always easy, but the Parks and Recreation Department has gone the extra mile to offer all the possibilities. We have Fitness in the Park, which offers two free fitness classes here. On Tuesdays and Thursdays.

Public Welcomed!





Tuesday Bingos

1:15 p.m. - 2:45 p.m.

Well Med Sponsored 9/6

Garcia Funeral/Planning & Humana Sponsored 9/27

WellCare Sponsored 10/4

Well Med Sponsored 10/25

Friday Bingos

11:00 a.m. - 1:00 p.m.

9/16 • 9/23 • 10/14 • 10/21



AARP Safety Driving

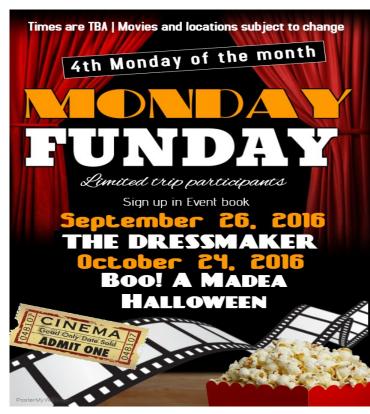
Monday, October 31 10:00 a.m. - 2:00 p.m.

\$ 15 AARP Members

\$ 20 Non-Members

Cars have changed and so have traffic rules, driving conditions and the roads we drive on every day. Let us bring you up to speed. Call 210.207.3010 to register for

DID YOU SIGN UP ALREADY???



Craft With Me Series September 14

1:30 p.m. - 3:30 p.m. Hand Blown Glass Earrings \$10 Supply Fee

September 28

1:30 p.m. - 3:30 p.m. Halloween Candy Dish \$10 Supply Fee

October 12

1:30 p.m. - 3:30 p.m. Cheese Grater Owl

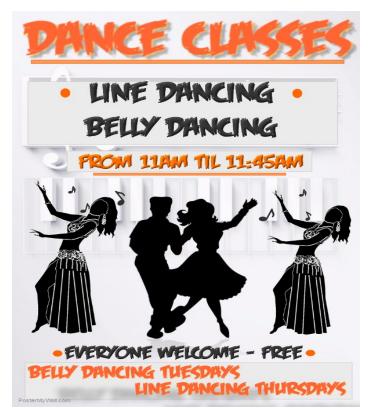
October 26

1:30 p.m. – 3:30 p.m. Plastic Canvas Needlepoint Turkey \$10 Supply Fee



Spooktacular Health & Resource Fair Saturday, October 29 9 am - 12 pm

Costume Contest at 11 a.m. Goblins of all ages Welcomed



What's On Your Mind

The Commander's House is always looking for ways to improve programming. A good way to do that is to get feedback from our members. Is there something you would like to see that is currently not offered? Maybe there are programs that we do offer and you have ideas that might help improve them. Bring your ideas no matter how large or small and we will see if we can turn them into reality. No reasonable idea will be turned away.

Fill out our suggestion cards and leave them in the box by the former Main Street door!

LUNCH BITES: Did You Remember To....



- Remember to bring your own "TO GO" container?
- Make sure your membership is up to date?
- Purchase your lunch token for the day?
- Be mindful of Reserved Tables for gaming groups?
- Get your drink?
- Sign up for any upcoming events?
- Catch the announcements for the day?
- Clean up your area after lunch?
- Make a reservation for next week?
- Enjoy your meal and mingle?

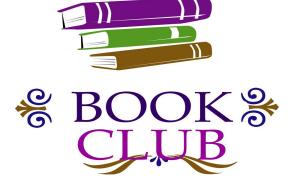
JOIN THE COMMANDER'S HOUSE BOOK CLUB

The club meets on a regular basis every third
Thursday of the month at 10:30 a.m. Our
Volunteer Coordinators are
Juanita Asher & Rowena Lopez

REVIEW DATES

"After You" by Jo Jo Moyes, September 15 Any Book on Maury Maverick, October 20

For more information, call (210) 207-3010



Read a Good Book Lately?

Books are keys to wisdom's treasure;

Books are paths that upward lead;

Books are gates to lands of pleasure

Books are friends, Come, let us read

Author Unknown

SAVE-THE-DATES September - October

September 2016

- I Membership Drive Begins
- 5 Center Closed For Labor Day
- 8 Artist of The Month, 1:30 p.m.
- 12 Diabetes Self Management Program, 10:00 a.m.
- 14 Craft With Me Craft Class, 1:30 p.m.
- 15 AARP Fraud Prevention Presentation, 11:00 a.m.
- 17 Walk to End Alzheimer's, 8:00 a.m.
- 19 Diabetes Self Management Program, 10:00 a.m.
- 21 Falls Prevention Kick Off 1:00 p.m.

- 22 Wellcare presentation, 11:00 a.m.
- 22 Birthday Bash, 11:30 a.m.
- 26 Diabetes Self Management Program, 10:00 a.m.
- 27 Funeral Planning Presentation, 11:00 a.m.
- 28 Craft With Me Craft Class, 1:30 p.m.

October 2016

- 12 Craft With Me Craft Class, 1:30 p.m.
- 24 Birthday Bash, 11:30 a.m.
- 26 Craft With Me Craft Class, 1:30 p.m.
- 29- Spooktacular Health and Resource Fair





COMMANDER'S
HOUSE
IMPROVEMENT
PROJECTS
THRU
SEPTEMBER 2016







We are very excited about the new improvements in progress. Programs and program hours will continue to operate as normal including our business hours. Do plan accordingly and give yourself ample time to safely enter and exit the Center. This project will take place through September 2016. Here are a few helpful reminders:

- BE AWARE OF CONSTRUCTION ZONED AREAS AND DETOURS
- BE MIDFUL OF CONSTRUCITON CREWS AND PEDISTRIANS
- DRIVE SLOWILY IN AND OUT OF THE PARKING LOT
- PARK IN DESIGNATED SPOTS ONLY OR IN THE OVERFLOW LOT
- BE PATIENT AND SIDE WITH CAUTION



Commander's House Adult and Senior Community Center

622 S. Flores
San Antonio, Texas 78204
210.207.3010
gloria.delacruz-sandoval
@sanantonio.gov

Step Up to Recreation!

Center Staff Contact Information:

Gloria De La Cruz-Sandoval,

Recreation Supervisor

210.207.3011

gloria.delacruz-sandoval@sanantonio.gov

Jorge De La Rosa Jr.,

Community Center Leader

210.207.3012

jorge.delarosajr@sanantonio.gov

Angel Ruiz,

Community Center Leader

210.207.3013

angelita.ruiz@sanantonio.gov

We're on the web at www.sanantonio.gov/parksandrec

Partner in the

Senior Community

Eighteen Years!



MEMBERSHIP FEE:

\$7 Per Person Per Year 60yrs. & Over \$15 Per Person Per Year 18yrs. - 59yrs.

COBRO de MEMBRESIA:

\$7 Por Ano, Por Persona 60+

\$15 Por Ano, Por Persona 18anos - 59anos

HELPFUL NUMBERS:

LUNCH RESERVATIONS CALL 210.207.3010

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 207-5380, Granados Adult and Senior Center at 500 Frieling (210) 207-3285, and the Virginia Gill Community Center at 7902 Westshire (210) 207-3237.